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A. D. MELVIN, CHIEF OF BUREAU.

DIRECTIONS FOR THE HOME PASTEURIZATION OF MILK.

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Milk delivered in the cities in the summer months frequently contains bacteria in such large numbers that it is not a safe food for children, especially for infants whose food consists entirely of milk. In many cities a special milk can be secured, but this is sometimes difficult and always involves additional expense.

Under such circumstances it is advisable to pasteurize all milk consumed by small children. The pasteurization should be done in such a way that disease-producing bacteria as well as those likely to produce intestinal disturbances are destroyed without at the same time injuring the flavor or the nutritive value of the milk. This may be accomplished in the home by the use of a simple improvised outfit.

Milk is most conveniently pasteurized in the bottles in which it is delivered. To do this use a small pail with a perforated false bottom. An inverted pie tin with a few holes punched in it will answer this purpose. This will raise the bottles from the bottom of the pail, thus allowing a free circulation of water and preventing bumping of the bottles. Punch a hole through the cap of one of the bottles and insert a thermometer. The ordinary floating type of thermometer is likely to be inaccurate, and if possible a good thermometer with the scale etched on the glass should be used. Set the bottles of milk in the pail and fill the pail with water nearly to the level of the milk. Put the pail on the stove or over a gas flame and heat it until the thermometer in the milk shows not less than 150° nor more than 155° F. The bottles should then be removed from the water and allowed to stand from twenty to thirty minutes. The temperature will fall slowly, but may be held more uniformly by covering the bottles with a towel. The punctured cap should be replaced with a new one, or the bottle should be covered with an inverted cup.

After the milk has been held as directed it should be cooled as quickly and as much as possible by setting in water. To avoid danger of breaking the bottle by too sudden change of temperature, this water should be warm at first. Replace the warm water slowly with cold water. After cooling, milk should in all cases be held at the lowest available temperature.

This method may be employed to retard the souring of milk or cream for ordinary uses. It should be remembered, however, that pasteurization does not destroy all bacteria in milk, and after pasteurization it should be kept cold and used as soon as possible. Cream does not rise as rapidly or separate as completely in pasteurized milk as in raw milk.

Approved:

JAMES WILSON,
Secretary of Agriculture.

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